

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 10:00-Blood Pressure 11:00-S.Training 11:30-Mah Jongg 12:15-Chair Yoga* 12:35-Bingo 1:00-Senior Watercolor Club	2 9:00-S.Training 10:00-Rummikub 10:15-English/Spanish 11:00-M&M Exercise 12:30-Bridge/Pinochle 12:30-Zumba Gold* 1:30-Line Dancing	3 9:00-Quilting 11:00-S.Training 12:15-Chair Yoga* 12:30-"Get With It" in Winter/Kathy 1:00-Bookmobile 1:30-Knitting 1:30-Tai Chi*	4 9:30-S.Training 11:00-M&M Exercise 12:30-Canasta 12:30-Zumba Gold*  *Trip-PA. Christmas and Gift Show	5 <i>Friend Ship Cafe</i> <i>Light fare in a friendly atmosphere for all ages</i> <i>Wed. &amp; Thurs.</i> <i>11:00-12:00/12:30-1:00</i> <i>Friday-11:00-1:00</i>
	7 9:30-S.Training 11:00-M&M Exercise 12:30-Blotter Bingo  First Day of Hanukkah	8 11:00-S.Training 11:30-Mah Jongg 12:15-Chair Yoga* 12:35-Bingo 1:00-Senior Watercolor Club	9 9:00-S.Training 10:00-Rummikub 10:15-English/Spanish 11:00-M&M Exercise 12:30-Bridge/Pinochle 12:30-Zumba Gold* 1:30-Line Dancing*	10 9:00-Quilting 11:00-S.Training 12:15-Chair Yoga* 12:30-"Garden Therapy"   1:30-Tai Chi*	11 9:30-S.Training 11:00-M&M Exercise 12:30-Canasta  *Trip-Allenberry Playhouse-"There's No Place Like Home for the Holidays"	12 "There's A Doctor In The House" series Dec. 2, 5:00-7:00 Dr. Anita Nahar, <u>Kidney Health</u> , Dinner 5:00-\$5.00, program following dinner, reservations for dinner and/or program
13 9:30-S.Training 11:00-M&M Exercise 12:30-"Golden Tones"	14 9:30-S.Training 11:00-M&M Exercise 12:30-"Golden Tones"	15 11:00-S.Training 11:30-Mah Jongg 12:15-Chair Yoga* 12:35-Bingo 1:00-Senior Watercolor Club	16 9:00-S.Training 10:00-Rummikub 10:15-English/Spanish 10:15-Comp. Dis. Group 11:00-M&M Exercise 12:30-Bridge/Pinochle 12:30-Zumba Gold* 1:30-Line Dancing*	17 9:00-Quilting 11:00-S.Training 12:15-Chair Yoga* 12:30-"Laughter"/Steve 1:00-Bookmobile 1:30-Knitting 1:30-Tai Chi*	18 9:30-S.Training 11:00-M&M Exercise 12:30-Zumba Gold* 12:30-Canasta	19 301-600-1048-one week prior to program  Coming Jan. 6 <u>ENT-</u> Dr. Kirby Scott (ears, nose, throat)
20 <u>TRIPS</u> for January-March The first day of registration will be Dec.15	21 9:30-S.Training 11:00-M&M Exercise 12:30-Music by Charles & Evelyn Summers	22 11:00-S.Training 11:30-Mah Jongg 12:15-Chair Yoga* 12:35-Bingo 1:00-Senior Watercolor Club  Winter Begins	23 9:00-S.Training 10:00-Rummikub 10:15-English/Spanish 11:00-M&M Exercise 12:30-Bridge/Pinochle 12:30-Zumba Gold*	24 CLOSED	25 CLOSED  Christmas Day	
27 9:30-S.Training 11:00-M&M Exercise 12:30-W.of Fortune	28 9:30-S.Training 11:00-M&M Exercise 12:30-W.of Fortune	29 11:00-S.Training 12:00-Mah Jongg 12:35-Bingo 1:00-Senior Watercolor Club	30 9:00-S.Training 10:00-Rummikub 10:15-English/Spanish 11:00-M&M Exercise 12:30-Bridge/Pinochle 12:30-Zumba Gold*	31 9:00-Quilting 11:00-S.Training 12:30-"Arthritis" 1:00-Bookmobile 1:30-Tai Chi*  New Year's Eve	 <p><b>Christmas Dinner-December 17</b>  <b>Baked Ham, Sweet Potatoes, Green Beans, Cherry Pie/Whipped Cream</b>  <b>301-600-1048</b></p>	